

# SECONDARY PREVENTION:

*“Action which focuses on early detection of a problem to support early intervention and treatment or reduce the level of harm.”*

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Care for Carers creates numerous opportunities for carers to take a break from their caring situation – either by themselves or together with their cared-for-person. Short breaks prevent carer breakdown and enable the carer to continue to care and build connections and resilience to cope with their caring situation.

## CARE FOR CARERS, EDINBURGH

This case study illustrates the impact for one carer of accessing a short break.

While this example illustrates how this service contributes to tertiary prevention it will also contribute to secondary prevention where carers are able to access this type of support earlier in their caring journey.

Alison cares for her young adult son who has a range of complex physical conditions and neurodiversity.

Alison was referred to the Carer Support Team by the hospital nursing staff following her admission as an in-patient due to a mental health crisis related to her caring role.

Following her discharge Alison felt anxious about maintaining her recovery and what a readmission to hospital could mean for her caring role. Alison received counselling from the organisation's counselling team and one to one support.

Alison accessed a residential short break which not only gave her respite from worries at home but peer support from other carers who understood the challenges she experienced. Alison also accessed several shorter breaks including activity groups and therapies.

Alison credited the opportunities with ‘helping me get back to some form or functional...I would not have got through last year without you.’

[Find out more here.](#)

These case studies were developed as part of a joint statement on prevention from Edinburgh Community Health Forum, Health and Social Care Alliance Scotland (the ALLIANCE), Scottish Community Development, and Voluntary Health Scotland.

They show what preventative approaches by the third and community sector look like in action.